

Montgomery County Department of Recreation



DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

9701 Main Street, Damascus, MD 20872 * Phone: (240) 777-6995
Hours: Mon. - Fri. 9:00am - 4:00pm



Tony Edghill – Director
Manager
Lisowski

Sue Ketchum – Nutrition Site
Recreation Assistants – Jean Kingsley, Jean Girvan, and Paula

JANUARY 2007

**The Center will be closed Monday, January 1 for New Years Day and Monday, January 15 for Martin Luther King's Birthday,
We are closed January 8-12 for Bi-Annual Cleaning.**

INTERNATIONAL SONGS - Tues., Jan. 2, 1:00pm. Ellen Briggs and Christy Poker from Damascus High School's Fine Language Honor Society will be here to entertain you with songs in French, Russian, and Spanish.

BLOOD PRESSURE SCREENING - Wed., Jan. 3, 10:00 – 11:30am, and Thurs., Jan. 18, 10:00 – 11:00am. Free, provided by volunteer nurses Jennie Bruchie (retired) and MGH.

BIRTHDAY PARTY- Fri., Jan 5, 1:00pm. Join Damascus Y-Women as they help us celebrate all of our January birthdays.

REVERSE MORTGAGE – Thurs., Jan. 18, 1:00pm. Maria J. Miranda and Laurence Richardson will be here to discuss the benefits and risks of reverse mortgages.

FOLK SONGS AND BROADWAY TUNES – Fri., Jan. 19, 1:00pm. Karen Devitt will be here to entertain you with her sweet alto voice.

POETRY READINGS – Tues., Jan. 23, 1:00pm. Submit your favorite original or published poetry to Tony by Friday, Jan. 19, to be included in this program.

BUS TRANSPORTATION AND LUNCH PROGRAM AVAILABILITY – See information on page 5.

* * * INCLEMENT WEATHER POLICY * * *

- During inclement weather, listen to your radio for possible school closings or delayed openings in Montgomery County. If schools have a scheduled holiday, call the Senior Center at 240-777-6995 for a recorded message about Center activities.
- When Montgomery County Public Schools have a delayed opening or are closed due to weather or other unexpected situations, **ALL CLASSES, PROGRAMS, AND MEETINGS WILL BE CANCELED.** There will be **NO TRANSPORTATION OR NUTRITION LUNCH.** The Center will open by 11:00am, if possible. If you want to stop by, please call the Center first at 240-777-6995.
- If Montgomery County Public Schools close early, **ALL PROGRAMS AND CLASSES SCHEDULED AFTER LUNCH WILL BE CANCELED AND THE CENTER MAY CLOSE EARLY.**
- If uncertain about a class or program, call the Center at 240-777-6995.

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PROGRAMS FOR YOUR ENJOYMENT

SING ALONG – Every Wed., 11:00am – 12:00noon. If you like to sing, come and join in!

SPIRITUAL PERSPECTIVES ON AGING – Rev. Tim Dissmeyer leads a discussion group on the various aspects of enjoying life in the “Golden Years.” Share your thoughts, gain some new insights and enjoy many humorous stories in this varied program which meets Wed., 1:00pm.

TEA DANCE – Every Thursday, 1:00 – 3:30pm. Bring a partner and your dancing shoes. Enjoy dancing to your favorite music. Music provided or you can bring in a tape or CD of your choice. Refreshments served at 2:15pm. Fee is \$1 (per person) for DSCSI Sponsors and \$2 (per person) for non-sponsors.

BOOK CLUB – Meets the 3rd Thurs. each month at 2:00pm. Share your reviews of books you’ve been reading and learn about new ones you might like to explore.

INTERNATIONAL SONGS - Tues., Jan. 2, 1:00pm. See page 1 for more information.

CURRENT EVENTS - Thurs., Jan 4, and Thurs., Jan. 25, 1:00pm. Mel Dyson will be here to discuss what’s happening in the news today.

BIRTHDAY PARTY – Fri., Jan. 5, 1:00pm. See Page 1 for more information..

GRANDPARENTS GROUP – Tues. Jan. 16 and Tues., Jan. 30, 11:00am. Join Marilyn Norris, in the dining room, for timely discussions on a variety of topics pertinent to grandparenting. No sign up necessary.

MOVIE BINGO - Tues., Jan. 16, 1:00pm. Join George Hibbard and Richard Fox for bingo with the stars.

REVERSE MORTGAGE – Thurs., Jan. 18, 1:00pm. See page 1 for details.

FOLK SONGS AND BROADWAY TUNES – Fri., Jan. 19, 1:00pm. See page 1 for description.

TWENTY ONE - Mon., Jan. 22, 1:00pm. Can beat Tony, the Dealer, in this fast-paced card game?

POETRY READINGS – Tues., Jan. 23, 1:00pm. See page 1 for more information.

SING ALONG WITH MARY BETH - Fri., Jan. 26, 1:00pm. Warm up your vocal cords and come ready to sing some lively songs as MaryBeth accompanies you on the piano.

SORRY – Mon., Jan. 29, 1:00pm. Come and play this fun board game in the dining room. Make your way around the game board without being sent back to start by your opponent.

MUSIC BINGO - Tues., Jan. 30, 1:00pm. Join MaryBeth Talamo in the dining room for some “Name That Tune” Bingo.

The staff of the Damascus Senior Recreation and Activities Center appreciates the efforts of all of our valuable volunteer receptionists, snack bar attendants, instructors, meals on wheels drivers, and special events coordinators. Special thanks to all businesses and groups that partnership with the Damascus Senior Center.

INCOME TAX PREPARATION – For free, confidential preparation of your 2006 state, federal, and homeowner’s

tax forms, call the Senior Center at 240-777-6995 between 9:00am and 4:00pm **weekdays** to schedule an appointment. **Appointments are only available to seniors aged 55 and over** and will be scheduled on Mondays and Fridays from February 1 through April 16.

*** * * CLASS NEWS & UPDATES FOR JANUARY 2007 * * ***

PLEASE NOTE: PAYMENT FOR EACH NEW CLASS SESSION IS DUE BEFORE THE FIRST CLASS. Preferred payment is by check payable to DSCSI**. If classes are canceled for any reason, the start date for the next new session will be adjusted. All canceled classes will be made up. Call the Center before coming to class for the first time to confirm day and time. Most classes allow late registration at a reduced rate. To register for classes, see Center Director or Recreation Assistants.

NEW COMPUTER CLASS – If you are interested in learning how to use the computer and internet class, it will meet on Tuesdays and Thursdays in January from 10:00 – 11:30am (**Jan. 16 & 18**). Register at the Center front desk. **Cost \$3.00.** Refundable when course days are complete.

BRIDGE CLASS – If you would like to learn how to play or refresh your memory of how to play, classes can be arranged for Mondays at 12:00. Register at the Center front desk. **Free.**

CERAMICS CLASS - Bring your own greenware or bisque pieces to the classes. Learn the proper techniques to complete the pieces including cleaning, firing, staining and glazing, or painting and finishing with acrylics. We have a wide variety of paints and finishing sprays as well as a kiln for firing. Class fee: \$5 for 10 weeks. Join anytime. This class meets Mondays and Wednesdays from 10:00am - 12:00 noon. Next session starts Wed., Jan. 3.

CHAIROBICS - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Wednesdays and Fridays, 10:30 – 11:30am. Ongoing. Join anytime. **Free Call for information.**

EXERCISE AND FITNESS - This is an on-going chair-exercise program for full-body strengthening and flexibility. This class meets Tues., and Thurs., from 10:30 - 11:30am. Join anytime. **Free.**

HAND CHIMES – Open for new participants to join anytime. You do not need to read music to participate in the class which will meet Tuesdays 10:00 – 10:45am. **Free.** Call the Center if interested.

LINE DANCE – New class. Free DVD lessons will be given in the auditorium on Tuesdays, and Fridays, 11:30am for this fun, country-music pasttime.

MAH-JONG – Lessons are available on Wed. Learn a new game or take a refresher course. Call the Center and ask a staff person to arrange for free lessons. Mah Jong games start at 12:30pm on Wednesdays. **Free.**

TAP DANCE - Meets Mondays from 12:00 - 1:15pm. All levels welcome from beginners to advanced. Beginners should come at 10:30am. Stop by and talk to the teacher to see if this class is right for you. Fee: \$30 for 8 weeks. Next session starts Jan. 22.

WALK AND FIRM AEROBICS – This class follows Leslie Sansone's Tapes for Older Adults, which are 30-minute workouts equivalent to either a 1_ or 2-mile outdoor walk. They combine walking-based steps and firming movements at a comfortable pace. Some of the tapes use weights for part of the time. Weights are optional. We have 1lb. to 3lb. weights you may use. Class meets every weekday, 9:15 - 9:45am. Stop by and try it. Ongoing. **Free**

LIFE IS GREAT WHEN YOU PARTICIPATE

*** * * GAMES AND CLUBS * * ***

BOOK CLUB - Join us once a month to share reviews of books each of us have read in the past month. You share your views on the book you have chosen to read. No assigned books. You will hear other's ideas and be able to add books to your reading list and avoid books that aren't your cup of tea. Meets the third Thursday of each month at 2:00pm.

BRIDGE - Every Tuesday and Thursday from 11:00am - 4:00pm, play as long as you like. New players are always welcome.

CANASTA – Meets on Tuesdays from 1:00 – 3:30pm. Experienced and new players all are welcome to learn and play cards in a comfortable, friendly environment.

MAH JONG - Every Wednesday at 12:30pm. New players are welcome anytime.

PINOCHLE - Every Monday and Wednesday from 10:00am - 3:00pm. Play all day or part of the day. New players are always welcome.



* * * MORE PROGRAM OPPORTUNITIES * * *

BILLIARDS, PING PONG, INDOOR AND OUTDOOR SHUFFLEBOARD, AIR HOCKEY, BASKETBALL, HORSESHOES, BOARD GAMES AND PUZZLES are all available to enjoy at the Center.



EXERCISE ROOM - Remember to see a staff person for first time use of Treadmills, Bike, Cardio-Glide, Cross Country Power Walker, or Schwinn Fitness Center. This equipment is available for you to use on your own anytime during regular Center hours.

* * * HEALTH & SOCIAL SERVICES * * *

SENIOR INFORMATION AND ASSISTANCE - Carol Smith is available at the Center most Wednesdays from 11:30am

- 4:00pm. Carol can help you with information on senior housing, financial assistance, Medicare and Medicaid information and can provide help in filling out forms. For information or an appointment, call 240-777-1060. Sponsored by Department of Health and Human Services. If Carol is unavailable when you call and you need immediate assistance, call the Senior Information and Assistance line at the Department of Health and Human Services, Aging and Disabilities 240-777-3000.

BLOOD PRESSURE SCREENING - Wed., Jan. 3, 10:00 – 11:30am and Thursday, Jan. 18, 10:00 – 11:00am. Offered by volunteer nurses and Montgomery General Hospital. **Free**, available to everyone.

A flyer containing information about other health and social services available may be picked up at the front desk of the Damascus Senior Center.

*** * * TRANSPORTATION * * ***

TRANSPORTATION PROCEDURES – Transportation reservations must be made in person or by telephone (240-777-6995) by 2:00pm the previous day. Cancellations for either bus or lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

A flyer containing information about other transportation services available to seniors may be picked up at the front desk of the Damascus Senior Center.

*** * * NUTRITION LUNCH PROGRAM * * ***

MEAL RESERVATIONS - Lunch is served at the Center on weekdays at 12:00 noon. Meal reservations for Monday and Friday (pre-plated), must be made by 2:00pm the previous day. Full cost of those meals is \$4.83.

Meal reservations for Tuesday, Wednesday and Thursday are handled differently. Those meals are prepared on-site. Order by Monday each week for meals served that week. Space is limited and reservations fill quickly. You may sign up for any of those meals as soon as the menu for the following month is available, which may be as early as the 24th of the month. The full cost of those meals is \$5.00. **PLEASE TRY TO BRING EXACT AMOUNT OF DONATION WHENEVER POSSIBLE.** Cancellations for lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.** For persons aged 60 and over, and spouses of any age, a voluntary contribution is requested. Please contribute as much as you can as contributions are used to purchase more meals. Guests under age 60 must pay the full cost of the meal. For information on limited transportation to and from Damascus Senior Center, please call the Center at 240-777-6995.

GUIDE TO RECREATION AND LEISURE PROGRAMS - Almost everything listed in the Guide to Recreation and Leisure Programs is available for registration online. For programs that cannot be registered for online, there is a form that can be downloaded and faxed or mailed.

"Sign up" for "Esubscription" which allows customers with e-mail to receive notices two weeks prior to publication of the Guide reminding them when it will be available online. To be placed on the "Esubscription" list, please visit www.emontgomery.org to complete the registration process.

For those who do not have access to the Internet, the Guide to Recreation and Leisure Programs will still be available in community centers, senior centers, swim centers, and libraries throughout the County. The guide contains registration forms.

SENIORS TODAY! – Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30pm, Mondays at 9:30am, Tuesdays at 1:30pm, Wednesdays at 8:30pm, Thursdays at 12:30pm, Fridays at 7:30pm, and Saturdays at 11:30am.

SENIOR PROGRAMS WEB SITE: montgomerycountymd.gov/rec, your link to other recreation programs including senior programs and services offered throughout the County.

*** * * SIGN IN PLEASE! * * ***

We ask for your continued assistance by scanning your access card and signing in each day.

Attendance figures are an important factor in determining building usage and future needs. Registering each day helps us to keep more accurate records and assists us when we request additional funds and staff. Thanks for your help and cooperation.

REMEMBER TO SHOW YOUR SUPPORT!

If you have not done so already, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be entitled to vote in DSCSI elections, receive discounts on some special events and enjoy some special sponsor-supported programs at no cost. However, more importantly, you will be supporting your Center and its ability to provide high quality programs, classes, and services at the lowest cost possible. Many of our classes are now sponsored by DSCSI as well as our Snack Bar and Gift Shop. If you are under 55 years old, you are welcome to become a non-participatory sponsor and friend. See a Center staff member or Receptionist.

THANK YOU FOR SUPPORTING YOUR CENTER

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with The Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540/TTY 240-777-6974.

Financial Assistance Policy - The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, see a staff member

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR NEW YEAR'S DAY	2 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 11:30 Line Dance 1:00 Canasta 1:00 International Songs	3 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:00 Ceramics 10:00 Pinochle 10:30 Adv. Committee Meeting 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp.	4 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Current Events	5 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Birthday Party with Damascus Y- Women
8 CLOSED	9 FOR	10 BI-ANNUAL	11 CLEANING	12 SERVICE
15 CLOSED FOR MARTIN LUTHER KING'S BIRTHDAY	16 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:00 Computer Class 10:30 Ex. & Fit. 11:00 Bridge 11:00 Grandparents Group 11:30 Line Dance 1:00 Canasta 1:00 Movie Bingo	17 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Volleyball @ DRCC 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp.	18 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:00 Computer Class 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Reverse Mortgage 2:00 Book Club	19 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Karen Devitt
22 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 12:00 Tap Dance 12:00 Bridge Lessons 1:00 Twenty One	23 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 11:30 Line Dance 1:00 Canasta 1:00 Poetry Readings	24 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp.	25 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Current Events	26 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Sing Along w/MaryBeth
29 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 12:00 Tap Dance 12:00 Bridge Lessons 1:00 Sorry	30 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 11:00 Grandparents Group 11:30 Line Dance 1:00 Canasta 1:00 Music Bingo	31 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Spir. Persp.		